



Self: Activities that work on the individual



Relationships: Activities that work with



peers/families/friends
Society: Activities contributing to the community outside of the CFO Activity Hub

BLACKBURN CFO ACTIVITY HUB

August - Week 1



Information

Address:

First Floor Offices, Crabtree Street,
Furthergate Industrial Estate, Blackburn,
BB1 3BD

Contact Information:

077750 96192 (Gabriella)
07384 119231 (Nadya)
07789 951065 (Hayley)
07734 784590 (Fatimah)

Open 9:30am – 5pm Monday – Friday

The hub also offers regular CBT sessions, training opportunities, funding for courses and PPE, toiletries, food and clothes.

Enrolments are needed to engage in any activities

Monday 3rd

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Monday Mind Reset
10-11
with Gabbi

A calming Monday Mind Reset session to help you pause, breathe, and start the week feeling grounded, focused and refreshed.

Digital College: Pathway to Hospitality

11 - 12:30
with Nadya

'Sign up for Digital College and search for suitable training courses to boost skills and employability.'



Tuesday 4th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Accommodation Advice & Support
10:30 - 12
with Gabbi

'Receive support and guidance to transition from temporary accommodation into your own home.'



Wednesday 5th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Disclosure Support
10:30 - 12
with Hayley

'Support in learning about the difference between unspent and spent convictions and how to disclose your criminal conviction to an employer or friend/family.'



Thursday 6th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Unpaid Work Support
10-11
with Fatima

'Access support in understanding community service requirements and help in completing unpaid work hours.'

Men's Matter Group

10:30 - 12:30
with Hub Mentors

'Participate in a men's mental health group where various topics are discussed to support your wellbeing and boost your support system.'



Friday 7th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Women's Only
Steps to Employment
1 - 3
with Nadya

'Explore your pathway to employment with support in completing a personalised CV, exploring interview techniques and job searching skills.'



Employment Hub:
Job Search
1 - 3
with Fatima

A supportive job search session to help you explore opportunities, build confidence, and take practical steps toward finding the right role.



Women's Only
Wellbeing & Mindfulness
1 - 3
with Hayley

'Discuss your current mental health and wellbeing and learn mindfulness techniques to support yourself.'



Arts & Sculpture
1 - 3
with TiPP

'Engage in a fun and creative activity designing unique masks using colors, patterns, and your imagination with Theatre in Prisons and Probation (TiPP).'



Book Club
1 - 2
with Gabbi



Creative Corner

1 - 3
with Hayley

A creative session exploring all types of art encouraging self-expression, imagination, and confidence through different artistic styles and techniques.



Cooking on a Budget:
1 - 3
with Hub Mentors

'Learn how to plan, prepare, and cook healthy meals using low-cost ingredients.'



'Hub' Quiz and Social
3 - 4
with the Hub Staff



Hub Induction:
Meet the Team & Enrol
10 - 4

Women's Only
Drop-in Support Session
1 - 4

CBT with Better Health
10 - 3
appointment only



Drop-in Support Session
10 - 4



Hub Induction:
Meet the Team & Enrol
10 - 4





Self: Activities that work on the individual



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BLACKBURN CFO ACTIVITY HUB

August - Week 2



Information

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Contact Information:

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Open 9:30am – 5pm Monday – Friday

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Enrolments are needed to engage in any activities

Monday 10th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Monday Mind Reset

BE KIND TO YOUR MIND
10-11
with Gabbi

A calming Monday Mind Reset session to help you pause, breathe, and start the week feeling grounded, focused and refreshed.

Digital College: Pathway to Health & Safety

10:30 - 12
with Nadya

'Sign up for Digital College and search for suitable training courses to boost skills and employability.'



Tuesday 11th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Future Focus

10:30 - 12
with Gabbi

'Attend a session focused on setting clear and achievable employment goals to support future career development.'



Wednesday 12th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Benefit Support

10:30 - 12
with Nadya

'Gain support in learning what benefits you are entitled to and support in applying for these.'



Thursday 13th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Unpaid Work Support

Access support in understanding community service requirements and help in completing unpaid work hours.'
10-11
with Fatima

Prepare for Employment with Lived Experience – Importance of Soft Skills

11 - 12
with Nadya

'Engage in a non-accredited course to learn about your employability skills.'



Friday 14th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Women's Only

Healthy Boundaries

10:30 - 12
with Fatima

'Engage in a session focused on understanding and setting healthy boundaries to support well-being and positive relationships.'



Employment Hub:
CV Writing & Job Search
1 - 3
with Hayley

Learn how to create a professional, tailored CV that highlights your skills, experience, and achievements to improve your chances of securing interviews.



Women's Only

Relationship Advice & Support

1 - 3
with Nadya

'Engage in a session focused on receiving relationship advice and support to build healthier and more positive connections with others.'



Arts & Sculpture

1 - 3
with TIPP

'Engage in a fun and creative activity designing unique masks using colors, patterns, and your imagination with Theatre in Prisons and Probation (TIPP).'



Book Club

1 - 2
with Gabbi



Planting Change 'Gardening Group'

1-3pm

With Hayley

This therapeutic horticulture group session will help build social skills and gain practical skills in gardening.



Cooking on a Budget:

1 - 3

with Hub Mentors

'Learn how to plan, prepare, and cook healthy meals using low-cost ingredients.'



'Hub' Quiz and Social

3 - 4

with the Hub Staff



Hub Induction:
Meet the Team & Enrol
1 - 4



Women's Only
Drop-in Support Session
1 - 4



Hub Induction:
Meet the Team & Enrol
1 - 4



CBT with Better Health
10 - 3
appointment only



Through The Gate (TTG)
Drop-in sessions for those recently released from custody
1 - 4





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BLACKBURN CFO ACTIVITY HUB

August - Week 3



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Open 9:30am – 5pm Monday – Friday

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Enrolments are needed to engage in any activities

Monday 17th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Monday Mind Reset

10-11
with Gabbi

A calming Monday Mind Reset session to help you pause, breathe, and start the week feeling grounded, focused and refreshed.
Digital College: Pathway to CSCS/Construction
10:30 - 12
with Gabbi 
'Sign up for Digital College and search for suitable training courses to boost skills and employability.'



Job Club: Job Applications & Job Search
1 - 3
with Nadya

Gain practical support to find suitable job opportunities, complete applications effectively, and increase your chances of employment.



Drop-in Support Session
3 - 4:30



Tuesday 18th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



In-Work Support
10:30 - 12
with Hayley

'Gain support in managing your current employment with check-ins on your wellbeing, action plans regarding any support needed for work and learn how to request reasonable adjustments for work with a referral to Access to Work.'



Women's Only
Art Therapy
1 - 3
with Gabbi

'Engage in creative activities like drawing or painting to express emotions, reduce stress, and promote mental and emotional well-being.'



Women's Only
Hub Induction: Meet the Team & Enrol
1 - 4



Wednesday 19th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Pathway to Work
10:30 - 12:30
with Nadya

'Aimed at those 18-25 years of age; come and receive support with job searching, CV writing, interview skills, and building confidence for employment.'



Arts & Sculpture
1 - 3
with TIPP

'Engage in a fun and creative activity designing unique masks using colors, patterns, and your imagination with Theatre in Prisons and Probation (TIPP).'



Hub Induction:
Meet the Team & Enrol
1 - 4



Thursday 20th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Exploring Employability Skills
10:30 - 12
with Fatima
'Explore key skills needed for meaningful employment, such as communication, teamwork, and time management.'



Men's Matter Group
10 - 12
with Hub Mentors



'Participate in a men's mental health group where various topics are discussed to support your wellbeing and boost your support system.'



Book Club
1 - 2
with Gabbi



Creative Corner
2 - 4
with Hayley

A creative session exploring all types of art encouraging self-expression, imagination, and confidence through different artistic styles and techniques.



Through The Gate (TTG)
Drop-in sessions for those recently released from custody
1 - 4



Friday 21st

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Women's Only

Job Search, Cover Letter & Job Application Support
10:30 - 12
with Nadya

'Gain support in searching for suitable job opportunities, writing a cover letter displaying your suitability for employment opportunities, and completing job applications.'



Cooking on a Budget:
1 - 3
with Hub Mentors

'Learn how to plan, prepare, and cook healthy meals using low-cost ingredients.'



Hub' Quiz and Social
3-4pm
with the Hub Staff



Hub Induction:
Meet the Team & Enrol
1 - 4





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Society: Activities contributing to the community outside of the CFO Activity Hub

BLACKBURN CFO ACTIVITY HUB

August - Week 4



Information

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Contact Information:

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Open 9:30am – 5pm Monday – Friday

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Enrolments are needed to engage in any activities

Monday 24th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Monday Mind Reset

10-11
with Gabbi
A calming Monday Mind Reset session to help you pause, breathe, and start the week feeling grounded, focused and refreshed.

Benefit Support

11 - 12
with Gabbi
'Gain support in learning what benefits you are entitled to and support in applying for these.'



Tuesday 25th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Digital College: Pathway to Logistics
10:30 - 12
with Hayley
'Sign up for Digital College and search for suitable training courses to boost skills and employability.'



Wednesday 26th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



In-Work Support
10:30 - 12
with Hayley
'Gain support in managing your current employment with check-ins on your wellbeing, action plans regarding any support needed for work and learn how to request reasonable adjustments for work with a referral to Access to Work.'



Thursday 27th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Unpaid Work Support

10:30 - 12:30
with Nadya
'Access support in understanding community service requirements and help in completing unpaid work hours.'



Exploring Employability Skills

10:30 - 12
with Fatima
'Explore key skills needed for meaningful employment, such as communication, teamwork, and time management.'



Friday 28th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Women's Only
Employment Hub:
Interview Preparation & Mock Interviews
10:30 - 12
with Gabbi
Build confidence and improve your interview skills through practice, guidance, and tips on answering common interview questions effectively.



Employment Hub:
Interview Preparation & Mock Interviews
1 - 3
with Nadya
Build confidence and improve your interview skills through practice, guidance, and tips on answering common interview questions effectively.



Women's Only

Employment Wellbeing Action Plan
1 - 3
with Gabbi
'Engage in support in completing a wellbeing action plan to support your mental health within the workplace and ensure reasonable adjustments are being made.'



Arts & Sculpture
1 - 3
with TiPP
'Engage in a fun and creative activity designing unique masks using colors, patterns, and your imagination with Theatre in Prisons and Probation (TiPP).'



Book Club
1 - 2
with Gabbi
'Learn how to plan, prepare, and cook healthy meals using low-cost ingredients.'



Planting Change
'Gardening Group'
2 - 4
With Hayley
This therapeutic horticulture group session will help build social skills and gain practical skills in gardening.



Cooking on a Budget:
1 - 3
with Hub Mentors
'Learn how to plan, prepare, and cook healthy meals using low-cost ingredients.'



Hub' Quiz and Social
3-4pm
with the Hub Staff



Hub Induction:
Meet the Team & Enrol
10 - 4



Women's Only
Drop-in Support Session
1 - 4:30



CBT with Better Health
10 - 3
appointment only



Through The Gate (TTG)
Drop-in sessions for those recently released from custody
10 - 4



Hub Induction:
Meet the Team & Enrol
10 - 4





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Society: Activities contributing to the community outside of the CFO Activity Hub

BLACKBURN CFO ACTIVITY HUB

August- Week 5



Information

Address:

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BB1 3BD

Contact Information:

077750 96192 (Gabriella)
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Enrolments are needed to engage in any activities

Monday 31st

Bank Holiday
Monday

Bank Holiday
Monday

Bank Holiday
Monday

Bank Holiday
Monday